

Reflux?

Reflux does occur in more than half of all babies, most commonly in the first three months of life. It becomes a serious medical concern with frequent, or even, chronic symptoms. The cause of the reflux is poor closure of the valve at the upper end of the stomach. Reflux is treated through medications to help prevent and heal damage that can occur to the esophagus. Frequent or persistent reflux can be referred to a GERD (Gastroesophageal Reflux Disease). Symptoms can improve or resolve itself around seven months old. The following are common symptoms of reflux:

- ♦ Unexplained coughing/gagging
- ♦ Irritability when feeding
- ♦ Arching back when feeding
- ♦ Refusing food
- ♦ Frequent vomiting
- ♦ Sudden or constant crying
- ♦ Colic
- ♦ Wet burps
- ♦ Frequent hiccups
- ♦ Poor sleep habits
- ♦ Belly pain
- ♦ Slow growth
- ♦ Weight loss
- ♦ Difficulty swallowing
- ♦ Blood in stools
- ♦ Spells of not breathing

Some methods that can be used to help with this condition include feeding smaller amounts more frequently, avoiding pressure on the abdomen (tight clothes or diapers), keeping child upright 30 minutes after eating, burp child to reduce spitting up, and diet modification in breastfeeding mothers (avoidance of caffeine, chocolate and garlic). If symptoms still persistent, evaluation by a physician is suggested.



Located downstairs in the Vestavia Pediatrics Building
(205) 824-0775
www.kidsmedspharmacy.com